
TEAM SCHEDULE ANNOUNCEMENT

EMETH TEAM FAMILIES:

Our summer 2017 practice schedule will be different from the past few years. We will continue to strive towards our mission of building true character through all that we do at Emeth. We have reviewed your comments from our recent survey and spent considerable time in discussions and thought on how to achieve our summer goals. These goals include, but are not limited to: quality athlete training, consistency of coach to athlete relationships, support of family flexibility during summer, and quality planning and leadership time to advance our athletes and fulfill Emeth's mission. Based on those priorities, we have created the Summer & Fall 2017-18 practice schedules. Please review the details and notes below!

PRACTICE SCHEDULE

FULL YEAR SCHEDULE

These practices, **noted in black**, are practice times that we plan to carry through the full 2017-18 season (June 2017- May 2018). We ask that you look over all of your scheduling options for the summer & fall and commit to an overall practice schedule for the year. Minimum practice requirements within the optional levels are:

- ❖ **Golds, Platinums, & Diamonds are expected to attend a minimum of 2 practices per week.**
- ❖ **Level 6-8 are expected to attend a minimum of 4 practices per week.**
- ❖ **Level 9-10 are expected to attend a minimum of 5 practices per week.**

SUMMER FLEX SCHEDULE

These practices, **noted in red**, are *additional* practice times available to team athletes during the Summer from June 12 - August 12, 2017. Summer Flex Practices are created for two purposes:

1. You may choose, based on your allotted flex days, to attend a morning practice ***in place*** of your evening or Saturday practice time. This allows you to have extra open evenings for summer activities and family time.
2. You may choose to attend all of your regular schedule **AND Summer Flex Practices** to gain extra gym time during the Summer months at no additional cost to you!

Summer Flex practice allotments are as follows:

- **Athletes attending 4 and 5 practices a week will receive 2 flex days.**
- **Athletes attending 3 practices a week will receive 1 flex day.**
- **Flex days are *not available* for athletes who attend 2 practices a week.**

IMPORTANT GUIDELINES FOR CHOOSING YOUR SUMMER FLEX SCHEDULE

- Throughout the summer there is flexibility to swap or add your allotted flex days to your schedule. It is imperative that each athlete demonstrate **responsible communication**. Athletes are expected to inform their head coaches by the beginning of the week which practices they will be attending.
- As you plan your Summer Flex Schedule, the expectation is for you to maintain **consistency** and the same (or more) amount of weekly training hours in the gym that your level typically has during the school year schedule.

SATURDAY PRACTICES

Saturday practice times marked in **blue** *have been adjusted*. These groups normally practice in the afternoon during the school year, but have been shifted to an earlier time during the Summer from June 12 - August 12 so that team athletes and families are free on Saturday afternoons.

IMPORTANT NOTES

PROMOTIONS

We intend to communicate to you the practice group we expect your athlete will be in by **April 15** so you may plan ahead. Your athlete's head coach will let you know where they see your son or daughter fitting well and what goals may need to be achieved to make that possible.

CLOSING

Emeth will be closed **July 1st - 4th** (Saturday - Tuesday). *Other than this*, we will be open. *(we will not be closing for a full week as in the past)*. What does this mean? You can schedule your vacations/plans without concern about how it will best fit your athlete's practice schedule. Since we will be open all weeks of the Summer, *which* week(s) you choose to be away will not affect your athlete's gym time.

FINAL THOUGHTS

We are excited to meet our athletes needs through summer flex scheduling. Our gymnasts will be held accountable to communicate responsibly and attend practice consistently! We would like to stress to the families and athletes of CSG and XG, since their time in the gym is less, the importance of attending their main practice days. Although there is some flexibility, their flex day is shorter than their normal practice days and we would like to urge them to attend their normal days while possibly adding a couple hours per week!! Please communicate your needs to your head coach!

God created your child with a mission- Emeth exists to build the character they need to succeed. We teach truth, train commitment, practice selflessness, exercise focus, develop determination, breed and courage. We build character through gymnastics.

Team Fall Schedule 2017-2018

<u>GIRLS:</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOPs/ Hopes		4 - 6 pm			4 - 6 pm	
Optionals: Level 6-10 Platinum & Diamond	4 - 7 pm	4 - 8 pm		4 - 8 pm	4:00 - 6:45pm	8:30 - 1pm
**There are options for 2x/wk, 3x/wk, 4x/wk and 5x/wk practices for the Optional levels and each level has a minimum number of days they must attend. **						
XG			4 - 8 pm		4:00 - 6:45pm	11 - 3pm
CSG	4-7:45pm		4 - 7:45pm			11 - 3pm
XS	6:15 - 8:45pm			6:15 - 8:45pm		
Bronze				4:00 - 6:30pm		12:30 - 3pm
<u>BOYS:</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Optional Boys	3:30- 7:15pm		3:30- 7:30pm	4:40- 8:40pm	3:30- 6:30pm	9-1 pm
Level 6-7	4 - 7 pm		4 - 7 pm	5:00 - 7:30pm		9 - 12 pm
Level 5		4 - 7 pm			4 - 7 pm	12 - 2:45 pm
Level 4		4 - 6 pm			4 - 6 pm	

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Team Summer Schedule 2017

Black = Practice Times that are the same as school year

Blue = Saturday afternoon practices that have been moved to the morning for Summer

Red = Summer Flex Practices that have been added

<u>GIRLS:</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOPs/ Hopes		4 - 6 pm			4 - 6 pm	
Optionals: Level 6-10 Platinum & Diamond	4 - 7 pm	8:45 - 1pm 4 - 8 pm	8:45 - 1pm	4 - 8 pm	4:00 - 6:45pm	8:30 - 1pm
**There are options for 2x/wk, 3x/wk, 4x/wk and 5x/wk. Each level has a minimum number of days they must attend. **						
XG		11 - 1pm	11 - 1pm 4 - 8 pm		4:00 - 6:45pm	9 - 1pm
CSG	4-7:45pm	11 - 1pm	11 - 1pm 4 - 7:45pm			9 - 1pm
XS	6:15 - 8:45pm			6:15 - 8:45pm		
Bronze				4:00- 6:30pm		9:30 am - 12pm
<u>BOYS:</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Optional Boys	3:30- 7:15pm	8:45 - 1pm	8:45 - 1pm 3:30- 7:30pm	4:40 - 8:40pm	3:30 - 6:30pm	9 - 1 pm
Level 6-7	4 - 7 pm	8:45 - 1pm	8:45 - 1pm 4 - 7 pm	5:00 - 7:30pm		9 - 12pm
Level 5		11 - 1pm 4 - 7 pm	11 - 1pm		4 - 7 pm	9 am - 11:45am
Level 4		4 - 6 pm			4 - 6 pm	

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